

Age Group Results

Open

Female Open Winners

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	30	Melinda Lawson	90	38	2	23:53.70	7:42	2	24:49.55		1	1:00:29.8	20.9	1	1:01:11.3		1	1:24:41.2	7:35	1:24:41.2
2	31	Leslie Kramer	85	35	1	20:23.00	6:35	1	21:26.25		2	1:02:54.8	17.9	2	1:03:37.9		2	1:24:44.1	6:48	1:24:44.1
3	35	Aliza Breault	16	41	3	25:44.55	8:18	3	27:20.60		3	1:10:34.9	17.2	3	1:12:12.2		3	1:25:31.7	4:18	1:25:31.7

Male Open Winners

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	1	Aaron Garrity	48	34	3	18:03.95	5:49	3	18:58.45		1	47:51.35	25.8	1	48:35.25		1	1:08:51.7	6:32	1:08:51.7
2	2	Dan Pierce	189	34	2	17:57.50	5:47	2	18:36.55		2	50:07.45	23.6	2	50:49.20		2	1:09:49.2	6:08	1:09:49.2
3	3	Alexander Zarger	161	23	1	17:22.20	5:36	1	18:20.15		3	50:49.95	22.9	3	51:39.05		3	1:10:14.4	6:00	1:10:14.4

Female Masters Winners

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	36	Laurie Thompson	187	48	1	23:18.30	7:31	1	25:04.65		1	1:00:35.4	21.0	1	1:01:56.7		1	1:26:15.9	7:51	1:26:15.9

Age Group Results

Open

Male Masters Winners

<u>Place</u>		<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>5k Run</u>		<u>T1</u>		<u>Bike</u>			<u>T2</u>		<u>5k Run</u>		<u>Total</u>				
<u>Place</u>	<u>Overall</u>				<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>			
1	8	John Trucilla	185	51	1	20:07.20	6:29	1	21:01.65		1	52:41.70	23.5	1	53:29.65		1	1:14:28.1	6:46	1:14:28.1

Age Group Results

Open

Female 19 & Under

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1*	136	Emily Tallmadge	143	17	1	28:26.50	9:10	2	30:43.10		1	1:11:59.3	18.0	2	1:13:42.6		1	1:44:58.6	10:05	1:44:58.6
2*	168	Madison Miller	105	15	2	30:26.65	9:49	1	32:07.80		3	1:23:34.4	14.5	1	1:24:35.6		2	2:00:58.6	11:44	2:00:58.6
3*	173	Morgan Kramer	86	18	3	35:13.35	11:22	3	37:55.50		2	1:28:52.8	14.6	3	1:30:47.5		3	2:09:15.0	12:24	2:09:15.0

Male 19 & Under

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1*	5	Matt McWilliams	101	19	1	17:03.50	5:30	2	17:48.05		1	52:38.80	21.4	2	53:14.10		2	1:12:00.6	6:03	1:12:00.6
2*	6	Aaron Benka	180	15	2	17:04.05	5:30	1	17:43.10		2	53:58.95	20.5	1	54:25.45		3	1:13:14.2	6:04	1:13:14.2
3*	14	Pat Kloecker	188	17	3	17:47.10	5:44	5	19:05.00		4	58:30.40	18.9	4	59:21.45		1	1:17:59.4	6:01	1:17:59.4
4	50	Jacob Noonan	167	15	5	21:03.15	6:47	8	23:01.80		5	1:02:44.1	18.7	7	1:03:46.4		7	1:29:29.7	8:18	1:29:29.7
5	51	Preston Yochim	159	17	4	20:33.60	6:38	4	21:31.10		7	1:04:53.6	17.2	5	1:05:52.3		4	1:29:51.8	7:44	1:29:51.8
6	57	Andy Hutzel	73	16	7	23:48.10	7:41	6	25:11.90		6	1:05:07.1	18.6	6	1:06:09.3		5	1:30:40.4	7:55	1:30:40.4
7	72	Benjamin Busko	22	15	6	22:41.25	7:19	3	23:37.85		8	1:08:01.0	16.8	3	1:08:41.2		6	1:34:05.9	8:12	1:34:05.9
8	85	Ryan Allen	174	18	8	27:00.75	8:43	7	28:32.10		3	1:07:14.4	19.2	8	1:08:16.7		8	1:36:07.3	8:59	1:36:07.3

Female 20 to 24

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	56	Lindsay Toth	145	22	1	23:39.05	7:38	2	24:49.75		1	1:06:02.3	18.1	1	1:07:00.8		1	1:30:37.1	7:37	1:30:37.1
2	144	Karli Lucas	94	23	3	28:14.40	9:06	1	29:24.55		2	1:16:55.9	15.7	2	1:18:01.3		2	1:47:59.8	9:40	1:47:59.8
3	152	Allison Wickham	181	23	2	28:10.65	9:05	3	29:52.05		3	1:18:30.4	15.3	3	1:19:56.3		3	1:52:11.5	10:24	1:52:11.5

Age Group Results

Open

Male 20 to 24

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	4	Justin Allen	4	23	2	17:18.90	5:35	1	17:57.05		3	52:37.80	21.5	1	53:14.45		1	1:10:58.5	5:43	1:10:58.5
2	7	C.j. Kennett	82	21	1	17:16.80	5:34	7	18:49.70		2	53:15.15	21.6	10	54:53.45		2	1:14:13.0	6:14	1:14:13.0
3	11	Brennan Donnelly	182	24	4	20:20.75	6:34	4	21:32.55		1	54:26.35	22.6	7	55:48.55		3	1:17:10.5	6:53	1:17:10.5
4	38	Ben Hedin	64	21	7	23:57.70	7:44	2	24:59.25		5	1:02:04.7	20.1	3	1:03:03.2		5	1:27:50.8	8:00	1:27:50.8
5	47	Robert Trapp	146	23	3	19:57.30	6:26	5	21:27.50		8	1:00:56.2	18.9	4	1:01:55.4		7	1:29:01.5	8:45	1:29:01.5
6	48	Douglas Francis	184	20	5	22:31.55	7:16	10	24:25.00		4	1:00:29.3	20.6	9	1:02:05.9		6	1:29:01.7	8:41	1:29:01.7
7	55	Travis Woodburn	154	20	6	22:56.80	7:24	9	24:42.05		9	1:04:12.3	18.8	11	1:05:52.2		4	1:30:32.0	7:57	1:30:32.0
8	78	Jordan Abbott	1	23	10	25:10.55	8:07	12	27:22.95		6	1:04:52.9	19.8	12	1:06:35.6		9	1:34:37.3	9:02	1:34:37.3
9	81	Ben Deppen	39	23	9	24:32.15	7:55	3	25:34.85		10	1:06:27.8	18.2	2	1:07:24.6		8	1:34:58.3	8:53	1:34:58.3
10	109	Nickolas Gillombardo	53	23	13	26:21.60	8:30	6	27:53.40		11	1:09:08.7	18.0	5	1:10:09.9		11	1:39:54.7	9:35	1:39:54.7
11	111	Michael Birchordt	183	23	8	24:30.60	7:54	11	26:31.55		7	1:05:20.4	19.2	8	1:06:47.9		12	1:39:58.4	10:42	1:39:58.4
12	115	Vincent Micoli	103	20	11	26:05.80	8:25	8	27:40.00		12	1:09:24.2	17.8	6	1:10:36.5		10	1:40:14.8	9:34	1:40:14.8

Female 25 to 29

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	54	Natalie Spaeder	136	25	2	24:19.10	7:51	2	25:36.65		1	1:04:36.1	19.1	2	1:05:32.8		1	1:30:21.8	8:00	1:30:21.8
2	67	Lindsay Olivieri	112	26	1	22:35.60	7:17	3	23:59.70		5	1:06:55.2	17.3	4	1:08:08.7		3	1:33:28.9	8:10	1:33:28.9
3	77	Susan Miseveki	107	28	5	25:45.70	8:18	5	27:23.90		2	1:07:41.9	18.5	3	1:08:52.5		4	1:34:36.5	8:18	1:34:36.5
4	92	Ashleigh Boise	15	29	3	25:23.70	8:11	7	27:38.80		3	1:09:44.7	17.7	6	1:11:56.1		2	1:37:15.0	8:10	1:37:15.0
5	99	Katherine Lang	88	28	4	25:26.75	8:12	1	26:43.15		4	1:09:29.6	17.4	5	1:10:54.7		5	1:38:17.4	8:50	1:38:17.4
6	141	Jenny Turak	147	27	6	26:06.20	8:25	4	27:37.35		6	1:17:21.5	15.0	7	1:19:51.3		6	1:47:41.0	8:58	1:47:41.0
7	156	Stacey Coula	29	29	7	28:17.65	9:07	6	30:05.60		7	1:24:48.5	13.6	1	1:25:42.1		7	1:53:56.0	9:06	1:53:56.0

Age Group Results

Open

Male 25 to 29

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	16	Andrew Nowak	168	25	1	18:04.75	5:50	1	19:04.55		4	58:45.70	18.7	1	59:30.20		1	1:19:13.5	6:22	1:19:13.5
2	20	Andrew Rose	123	29	3	22:09.20	7:09	4	23:31.05		1	55:03.90	23.6	2	56:01.75		3	1:20:31.4	7:54	1:20:31.4
3	27	David Ryan	127	27	2	22:00.40	7:06	10	23:54.45		2	1:00:40.2	20.2	6	1:02:07.5		2	1:23:28.5	6:53	1:23:28.5
4	61	Dan Cypher	33	29	4	24:07.55	7:47	6	25:40.20		3	1:03:37.2	19.6	9	1:05:43.9		4	1:31:51.1	8:25	1:31:51.1
5	87	Jeffrey Wurst	155	25	5	24:35.10	7:56	5	26:00.20		6	1:08:41.8	17.4	5	1:09:52.1		5	1:36:09.6	8:29	1:36:09.6
6	101	Vincent Senita	132	26	6	25:34.30	8:15	9	27:16.95		7	1:10:13.3	17.3	8	1:11:59.4		6	1:38:25.0	8:31	1:38:25.0
7	112	Jared Willets	196	29	8	26:52.40	8:40	8	28:29.65		5	1:10:57.9	17.5	3	1:11:57.5		8	1:40:07.3	9:05	1:40:07.3
8	114	Pat Klice	192	28	7	26:24.00	8:31	2	27:26.95		8	1:11:04.0	17.1	4	1:12:04.4		7	1:40:12.8	9:05	1:40:12.8
9	142	Neil Burkell	19	29	10	28:16.75	9:07	3	29:31.65		9	1:14:11.4	16.7	7	1:15:48.8		9	1:47:43.3	10:17	1:47:43.3
10	151	Carl Zimmerman III	162	28	9	27:34.15	8:54	7	29:07.45		10	1:17:17.5	15.4	10	1:19:47.1		10	1:51:47.3	10:19	1:51:47.3

Female 30 to 34

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	63	Janae Ryan	129	34	2	23:53.85	7:42	2	25:33.25		1	1:05:32.3	18.6	2	1:07:01.2		1	1:32:11.2	8:07	1:32:11.2
2	66	Bobby Rainey	119	31	1	23:08.85	7:28	1	24:39.45		2	1:06:54.1	17.6	1	1:08:05.1		2	1:33:28.6	8:11	1:33:28.6
3	147	Corrie Amick	5	30	4	30:12.45	9:45	3	31:52.05		3	1:15:13.3	17.2	3	1:16:58.2		4	1:48:33.7	10:11	1:48:33.7
4	162	Menthor Benek	186	32	3	29:41.65	9:35	4	32:43.95		4	1:22:19.5	15.0	4	1:24:18.0		3	1:55:50.4	10:10	1:55:50.4

Age Group Results

Open

Male 30 to 34

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	10	Ross Silvis	164	30	1	20:03.40	6:28	5	21:31.35		1	54:11.90	22.8	6	55:50.45		2	1:17:03.9	6:51	1:17:03.9
2	18	Ed Breault		34	3	20:53.50	6:44	4	22:19.40		3	57:55.05	20.9	2	59:06.35		1	1:19:55.7	6:43	1:19:55.7
3	22	Daniel Zamoski	160	31	2	20:27.80	6:36	1	21:27.30		2	54:35.90	22.5	4	55:53.95		5	1:21:31.9	8:16	1:21:31.9
4	49	Tim Toale	144	33	4	23:03.00	7:26	8	25:03.20		5	1:03:09.8	19.5	7	1:04:58.2		3	1:29:24.1	7:53	1:29:24.1
5	73	Justin Wheeler	153	30	5	23:32.10	7:35	7	25:22.15		6	1:07:52.4	17.5	5	1:09:19.0		4	1:34:10.2	8:01	1:34:10.2
6	106	Brian Diluzio	41	30	7	25:17.00	8:09	2	26:25.35		8	1:11:37.2	16.5	3	1:12:49.3		7	1:39:44.6	8:41	1:39:44.6
7	107	Jacob Cloninger	26	30	6	25:17.00	8:09	3	26:30.85		7	1:11:38.2	16.5	1	1:12:49.4		6	1:39:44.6	8:41	1:39:44.6
8	110	Ira Bush	21	33	8	28:59.40	9:21	6	30:38.35		4	1:06:25.0	20.8	8	1:08:22.8		8	1:39:56.2	10:11	1:39:56.2

Female 35 to 39

Place		----- 5k Run -----						----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	70	Christine Gwitt	58	36	1	24:57.35	8:03	2	25:59.85		6	1:07:40.8	17.8	1	1:08:30.4		1	1:33:38.5	8:06	1:33:38.5
2	84	Jennifer Davis	37	38	2	25:51.50	8:20	1	26:44.75		4	1:07:34.7	18.2	2	1:08:27.1		3	1:36:02.9	8:54	1:36:02.9
3	95	Kelly Grant	57	38	3	26:35.30	8:35	4	28:12.50		3	1:08:44.8	18.4	4	1:09:59.6		2	1:37:19.7	8:49	1:37:19.7
4	116	Shean Aujla	8	36	5	29:02.95	9:22	6	30:45.45		1	1:08:04.0	19.9	6	1:09:36.1		4	1:40:29.1	9:58	1:40:29.1
5	129	Michelle Herr	66	37	4	28:15.05	9:07	3	29:25.00		5	1:10:58.2	17.9	3	1:11:57.0		5	1:43:18.8	10:07	1:43:18.8
6	158	Stephanie Corlew	176	39	7	33:06.70	10:41	7	35:23.35		2	1:14:09.4	19.2	7	1:16:21.6		8	1:54:04.8	12:10	1:54:04.8
7	166	Karen Amon	6	35	6	32:19.20	10:25	5	33:57.30		8	1:24:58.8	14.6	5	1:26:17.3		6	1:58:53.1	10:31	1:58:53.1
8	167	Traci Kitinoja		38	8	35:52.60		8	35:52.60		7	1:23:11.1	15.7	8	1:25:42.6		7	2:00:22.3	11:11	2:00:22.3

Age Group Results

Open

Male 35 to 39

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	13	Bryan Delio	38	39	2	21:10.60	6:50	2	22:13.85		2	53:07.30	24.1	3	54:09.70		3	1:17:17.9	7:28	1:17:17.9
2	15	Michael Hertner	67	39	3	21:13.70	6:51	1	22:16.15		1	52:29.90	24.6	1	53:16.65		7	1:19:05.9	8:20	1:19:05.9
3	21	Bernabe Gomez	55	36	1	20:21.50	6:34	5	21:35.95		4	57:39.70	20.6	4	58:43.75		1	1:20:44.8	7:06	1:20:44.8
4	23	Erik Ryan	128	35	5	21:58.20	7:05	6	23:20.80		3	57:35.20	21.7	8	59:05.75		4	1:22:36.6	7:35	1:22:36.6
5	26	Greg Johnston	79	37	4	21:38.40	6:59	7	23:01.65		5	59:40.25	20.3	5	1:00:48.3		2	1:23:26.0	7:18	1:23:26.0
6	42	Sean Bogart	14	36	7	23:19.80	7:31	3	24:26.80		7	1:02:30.3	19.6	6	1:03:41.5		5	1:28:17.8	7:56	1:28:17.8
7	43	Jason Weismiller	152	38	6	21:59.60	7:05	12	24:11.05		6	1:01:54.0	19.7	10	1:03:39.1		6	1:28:20.5	7:58	1:28:20.5
8	90	Ryan Victory	175	37	9	24:27.60	7:53	9	26:01.50		8	1:06:42.8	18.3	9	1:08:25.0		11	1:37:05.2	9:15	1:37:05.2
9	91	Neil Babcock	166	38	8	24:05.90	7:46	4	25:15.20		12	1:09:20.0	16.9	2	1:10:12.3		8	1:37:11.8	8:42	1:37:11.8
10	119	Tom Camillo	194	35	11	27:27.60	8:51	13	29:49.05		11	1:12:06.3	17.6	13	1:14:01.0		9	1:41:18.8	8:48	1:41:18.8
11	126	Thad Jackman	77	39	12	27:54.60	9:00	8	29:25.00		10	1:10:48.5	18.0	7	1:12:16.4		12	1:42:51.3	9:52	1:42:51.3
12	131	Gary Johnson	193	39	10	26:51.40	8:40	11	29:01.75		13	1:13:32.3	16.7	11	1:15:18.3		10	1:43:42.6	9:10	1:43:42.6
13	139	David Krauza	87	35	13	28:58.15	9:21	10	31:05.55		9	1:11:57.9	18.2	12	1:13:47.8		13	1:46:36.1	10:35	1:46:36.1

Female 40 to 44

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	53	Kelly Hilling	68	44	2	24:32.40	7:55	2	26:02.40		1	1:03:08.3	20.1	4	1:04:31.9		2	1:30:03.1	8:14	1:30:03.1
2	71	Stephanie Goot	56	40	1	23:17.60	7:31	1	24:23.75		5	1:08:31.3	16.9	1	1:09:23.0		1	1:33:53.8	7:54	1:33:53.8
3	120	Heather Bedell	11	42	4	27:16.65	8:48	5	29:04.80		3	1:09:43.0	18.3	5	1:11:06.9		5	1:41:33.5	9:49	1:41:33.5
4	124	Kathleen Smith	172	41	6	29:32.15	9:32	6	31:31.95		2	1:10:34.6	19.1	6	1:12:19.6		4	1:42:30.8	9:44	1:42:30.8
5	127	Renee' Carey	24	40	3	25:55.20	8:22	4	27:36.25		6	1:15:05.1	15.7	2	1:16:11.9		3	1:43:06.9	8:41	1:43:06.9
6	134	Tammy Stoddard	140	44	5	28:26.95	9:10	3	29:58.15		4	1:12:04.1	17.7	3	1:13:14.6		6	1:44:11.6	9:59	1:44:11.6
7	172	Melissa Smathers	133	40	7	34:42.50	11:12	7	36:50.50		7	1:26:37.8	14.9	7	1:28:23.4		7	2:08:29.0	12:56	2:08:29.0

Age Group Results

Open

Male 40 to 44

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	9	Keith Peterson	116	43	1	20:44.45	6:41	4	22:03.55		1	53:30.60	23.7	4	54:45.50		2	1:16:58.3	7:10	1:16:58.3
2	17	Mike Otegui	114	42	3	21:22.55	6:54	1	22:09.30		3	57:32.85	21.0	2	58:18.45		1	1:19:42.9	6:54	1:19:42.9
3	25	Chip Comstock	27	42	2	21:08.50	6:49	2	22:13.70		5	59:31.80	19.9	1	1:00:13.4		3	1:23:07.4	7:23	1:23:07.4
4	41	Michael Wurst	156	44	5	24:06.55	7:46	3	25:12.35		2	1:00:30.8	21.1	3	1:01:36.1		5	1:28:17.0	8:36	1:28:17.0
5	44	Kirk Warner	150	43	4	23:16.10	7:30	7	24:54.35		4	1:01:45.4	20.2	6	1:03:18.2		4	1:28:38.0	8:10	1:28:38.0
6	94	Mitch Lenhard	91	43	6	25:31.30	8:14	8	27:22.20		7	1:07:02.8	18.8	7	1:08:53.6		6	1:37:16.6	9:09	1:37:16.6
7	118	Eric Marendt	96	41	7	25:59.65	8:23	10	28:13.75		8	1:08:39.7	18.4	9	1:11:08.6		8	1:41:04.7	9:39	1:41:04.7
8	128	James Ghofulpo	52	41	9	28:08.40	9:05	5	29:33.50		6	1:07:16.5	19.7	5	1:08:34.1		9	1:43:14.7	11:11	1:43:14.7
9	149	David Hutzel	75	42	10	30:54.85	9:58	11	33:35.25		11	1:18:53.0	16.4	10	1:21:26.1		7	1:51:04.5	9:34	1:51:04.5
10	153	Lewis Baldwin II	9	41	8	26:03.55	8:24	6	27:31.60		10	1:12:05.6	16.7	11	1:14:39.4		10	1:52:46.4	12:18	1:52:46.4
11	169	Dennis Albreuczynski	2	43	11	35:03.90	11:18	9	37:17.35		9	1:18:13.7	18.2	8	1:20:19.6		11	2:02:16.3	13:32	2:02:16.3

Female 45 to 49

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	102	Tricia Louis	93	47	1	25:52.35	8:21	2	27:19.30		4	1:11:15.1	16.9	2	1:12:43.9		1	1:38:25.5	8:17	1:38:25.5
2	130	Carol Hutzel	74	46	3	28:42.25	9:15	4	30:35.55		3	1:14:23.2	17.0	3	1:16:07.2		2	1:43:41.8	8:54	1:43:41.8
3	137	Rebecca Maziarz	98	49	2	27:39.95	8:55	3	29:12.55		2	1:12:35.4	17.2	1	1:13:55.4		3	1:46:13.0	10:25	1:46:13.0
4	157	Carri Daiker	34	48	5	32:48.90	10:35	5	36:21.45		1	1:17:04.8	18.3	5	1:20:18.7		4	1:54:04.6	10:53	1:54:04.6
5	164	Alyssa Chitodofsky	25	45	4	31:39.80	10:13	1	33:02.05		5	1:22:34.1	15.0	4	1:24:18.4		5	1:58:10.6	10:55	1:58:10.6

Age Group Results

Open

Male 45 to 49

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	12	Stephen Wychock	157	46	1	20:26.50	6:35	3	21:29.25		1	53:32.75	23.2	9	54:45.15		1	1:17:14.6	7:15	1:17:14.6
2	19	Tom Eberlein	46	49	4	21:18.85	6:52	8	22:48.85		2	55:59.30	22.4	11	57:18.95		2	1:19:59.7	7:19	1:19:59.7
3	24	Mike Lawrence	89	48	3	20:36.50	6:39	10	22:09.25		6	58:42.70	20.4	3	59:45.10		3	1:22:41.9	7:24	1:22:41.9
4	28	Doug Phillips	117	49	2	20:31.10	6:37	1	21:24.55		10	59:48.45	19.4	1	1:00:32.0		4	1:23:50.9	7:31	1:23:50.9
5	33	Denny Morell	108	48	6	22:51.50	7:22	16	24:50.15		4	59:50.65	21.3	12	1:01:24.7		5	1:25:23.1	7:44	1:25:23.1
6	39	Douglas Olson	113	46	9	24:26.05	7:53	9	25:56.45		5	1:02:04.0	20.6	13	1:03:46.8		7	1:27:53.9	7:47	1:27:53.9
7	45	Richard McGee	100	48	11	25:38.45	8:16	2	26:34.50		3	59:52.40	22.4	2	1:00:52.9		11	1:28:42.5	8:58	1:28:42.5
8	52	John Armstrong	7	47	5	21:23.40	6:54	12	23:06.00		15	1:04:04.4	18.2	15	1:05:57.5		6	1:29:57.5	7:44	1:29:57.5
9	62	Steve Stoddard	139	48	7	23:09.65	7:28	14	24:57.65		14	1:05:39.5	18.3	6	1:06:46.5		8	1:31:57.6	8:07	1:31:57.6
10	65	Jack Hanrahan	62	46	8	23:52.75	7:42	13	25:39.55		8	1:02:52.5	20.0	16	1:04:48.0		13	1:33:14.4	9:10	1:33:14.4
11	80	David MacHmer	95	45	15	27:01.80	8:43	5	28:08.95		9	1:05:26.7	20.0	5	1:06:30.6		12	1:34:51.4	9:08	1:34:51.4
12	82	Frank Daltorio	35	48	10	24:33.85	7:55	17	26:41.35		16	1:07:40.0	18.2	17	1:09:44.6		10	1:35:14.7	8:14	1:35:14.7
13	86	Chris Busko	23	45	12	25:40.75	8:17	11	27:16.80		13	1:06:26.6	19.0	4	1:07:30.2		14	1:36:08.8	9:14	1:36:08.8
14	88	Pat Huntley	71	46	14	27:01.50	8:43	4	28:07.00		7	1:04:48.7	20.3	7	1:05:58.6		15	1:36:12.3	9:45	1:36:12.3
15	98	Frederick Bird	12	47	13	26:13.90	8:27	18	28:36.50		17	1:09:52.8	18.0	18	1:12:32.7		9	1:37:59.0	8:12	1:37:59.0
16	125	Robert "bert Straub	142	49	17	28:03.60	9:03	6	29:15.70		11	1:08:02.9	19.2	8	1:09:13.2		17	1:42:39.5	10:47	1:42:39.5
17	143	Jay McElhinney	99	48	18	32:05.00	10:21	15	33:55.15		12	1:12:54.7	19.1	14	1:14:38.3		16	1:47:44.3	10:41	1:47:44.3
18	160	Pat O'Dell	197	47	16	27:45.85	8:57	7	29:04.25		18	1:16:08.8	15.8	10	1:17:23.1		18	1:54:42.4	12:02	1:54:42.4

Female 50 to 54

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	37	Nancy Herbst	165	53	1	23:07.00	7:27	2	24:15.10		1	1:00:39.1	20.4	3	1:01:47.0		1	1:26:40.1	8:02	1:26:40.1
2	97	Mary Jean Taylor	169	50	3	25:42.40	8:17	11	28:07.95		4	1:09:56.9	17.8	5	1:11:14.0		2	1:37:46.6	8:34	1:37:46.6
3	100	Nancy Glod	54	51	2	25:29.60	8:13	1	26:37.00		6	1:10:55.9	16.8	1	1:11:50.2		3	1:38:24.8	8:34	1:38:24.8
4	103	Pamela Jewell	78	51	4	26:52.70	8:40	7	28:45.25		2	1:07:32.3	19.2	10	1:09:15.2		6	1:38:54.3	9:34	1:38:54.3
5	117	Kelly Gheres	51	52	6	28:58.25	9:21	9	30:59.05		3	1:10:52.9	18.7	11	1:12:40.8		4	1:40:59.4	9:08	1:40:59.4

Age Group Results

Open

Female 50 to 54

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
6	138	Sandra Markle	97	50	5	26:56.35	8:41	8	28:52.00		9	1:16:32.3	15.6	2	1:17:27.7		5	1:46:19.4	9:18	1:46:19.4
7	154	Karen SeEVERS	131	53	8	31:27.20	10:09	5	33:01.35		8	1:18:07.2	16.5	8	1:19:45.7		7	1:53:32.0	10:54	1:53:32.0
8	159	Ginnie Haid	60	54	7	31:18.20	10:06	6	32:56.55		7	1:18:01.1	16.5	7	1:19:37.8		8	1:54:10.9	11:09	1:54:10.9
9	165	Elizabeth Kelly	81	53	10	33:53.45	10:56	3	35:11.80		5	1:18:54.0	17.0	9	1:20:33.3		10	1:58:44.9	12:19	1:58:44.9
10	171	Laurie Haibach	59	54	9	33:03.80	10:40	10	35:13.15		10	1:25:22.9	14.8	6	1:26:40.3		9	2:03:45.5	11:58	2:03:45.5
11	175	Barbara Headley	63	51	11	35:14.50	11:22	4	36:47.20		11	1:35:25.6	12.7	4	1:36:41.9		11	2:15:43.5	12:35	2:15:43.5

Male 50 to 54

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
Place	Overall	Name	Bib	Age	Rnk	Time	Pace	Rnk	Time	Pace	Rnk	Time	Rate	Rnk	Time	Pace	Rnk	Time	Pace	Time
1	29	Jamie Mead	102	54	1	22:02.40	7:06	2	23:03.30		4	59:30.25	20.4	4	1:00:33.0		2	1:24:18.6	7:40	1:24:18.6
2	32	Rick Becht	195	54	2	22:45.65	7:20	18	25:07.00		2	1:00:26.4	21.1	11	1:02:05.4		1	1:25:20.4	7:30	1:25:20.4
3	46	Richard Miller	106	50	3	23:12.50	7:29	14	25:18.25		8	1:03:19.7	19.6	8	1:04:43.8		5	1:28:58.7	7:49	1:28:58.7
4	58	Joe Barbaro	10	50	5	23:47.80	7:40	9	25:26.55		3	1:01:33.4	20.6	13	1:03:17.2		11	1:30:53.3	8:54	1:30:53.3
5	59	Wes Rowden	124	50	4	23:34.85	7:36	8	25:10.75		14	1:06:15.0	18.1	3	1:07:15.1		4	1:31:18.1	7:45	1:31:18.1
6	60	Mark Dombrowski	43	54	7	24:37.50	7:56	6	26:09.15		12	1:06:08.5	18.6	10	1:07:40.4		3	1:31:32.4	7:42	1:31:32.4
7	68	William Dorsch	44	51	8	24:51.15	8:01	10	26:33.35		9	1:04:42.6	19.5	12	1:06:24.1		8	1:33:29.9	8:44	1:33:29.9
8	69	Joe Dobrich	42	54	9	25:05.00	8:05	4	26:35.60		5	1:03:13.6	20.3	6	1:04:19.5		14	1:33:33.5	9:25	1:33:33.5
9	74	Nick Konzal	84	52	13	27:44.75	8:57	13	29:47.70		1	1:03:11.9	22.3	20	1:05:33.4		13	1:34:14.8	9:15	1:34:14.8
10	79	Scott Steinbrink	138	50	12	27:05.85	8:44	5	28:36.90		7	1:06:32.3	19.6	5	1:07:37.8		9	1:34:49.9	8:46	1:34:49.9
11	93	Mike Hirsch	69	51	10	25:24.00	8:12	15	27:38.00		15	1:09:41.5	17.7	19	1:11:56.1		6	1:37:15.9	8:10	1:37:15.9
12	105	Robert Deppen	40	53	6	23:51.55	7:42	3	25:17.10		19	1:12:32.0	15.8	1	1:13:21.1		7	1:39:22.9	8:24	1:39:22.9
13	108	Jay Little	92	52	11	25:44.20	8:18	12	27:32.65		10	1:06:22.6	19.2	15	1:08:14.3		17	1:39:50.1	10:11	1:39:50.1
14	113	John Forbes	47	53	17	28:42.40	9:15	16	30:58.30		6	1:07:55.1	20.1	18	1:10:07.0		16	1:40:08.4	9:41	1:40:08.4
15	121	Bill Joint	80	54	16	28:24.50	9:10	20	31:14.95		11	1:11:00.8	18.7	16	1:13:10.7		12	1:41:39.3	9:11	1:41:39.3
16	123	Gregg Haid	61	53	19	29:32.70	9:32	1	30:32.30		13	1:11:01.0	18.4	2	1:11:55.7		15	1:41:51.6	9:39	1:41:51.6
17	132	Richard Reichel, II	122	53	15	27:57.35	9:01	17	30:13.75		18	1:15:09.4	16.6	7	1:16:20.0		10	1:43:49.7	8:52	1:43:49.7

Age Group Results

Open

Male 50 to 54

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
18	145	Don DeWolf	178	53	14	27:45.85	8:57	7	29:20.85		17	1:14:08.3	16.6	9	1:15:35.3		18	1:48:19.0	10:33	1:48:19.0
19	161	Anthony Brown	18	50	18	29:00.95	9:21	11	30:45.55		20	1:18:42.1	15.5	14	1:20:31.5		19	1:55:16.4	11:12	1:55:16.4
20	163	Craig Peck	115	53	20	31:24.30	10:08	19	33:50.15		16	1:17:31.6	17.0	21	1:20:16.9		20	1:57:18.8	11:56	1:57:18.8
21	174	Athamasios Mihadas		52							21	1:25:33.0	8.70	17	1:27:44.4		21	2:09:33.0	13:29	2:09:33.0

Female 55 to 59

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	89	Annie Schuster	130	56	1	26:56.85	8:41	1	28:47.25		1	1:08:18.1	18.8	1	1:09:51.9		1	1:37:02.2	8:46	1:37:02.2
2	150	Lesley Snitger	135	56	2	27:45.70	8:57	2	31:39.95		2	1:19:14.8	15.6	2	1:21:57.1		2	1:51:28.5	9:31	1:51:28.5

Male 55 to 59

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1	34	S Mark Courtney	31	56	1	20:39.30	6:40	1	21:24.05		4	1:02:46.0	18.0	1	1:03:26.4		1	1:25:25.8	7:05	1:25:25.8
2	40	Mark Ruttenberg	126	58	2	21:59.30	7:05	3	23:05.30		5	1:04:48.2	17.8	2	1:05:44.6		2	1:27:54.9	7:09	1:27:54.9
3	75	Robert Steffer	137	56	4	24:53.85	8:02	9	27:31.85		1	1:04:46.2	20.0	6	1:06:23.0		6	1:34:32.6	9:05	1:34:32.6
4	76	Roger Burzak	20	57	6	25:34.10	8:15	8	27:44.55		2	1:05:16.7	19.8	7	1:07:03.2		5	1:34:33.8	8:52	1:34:33.8
5	83	Jim Snitger	134	57	5	25:18.80	8:10	5	27:02.45		3	1:06:29.9	18.9	9	1:08:56.0		3	1:35:22.9	8:32	1:35:22.9
6	96	Gary Counts	30	56	3	23:30.25	7:35	2	24:28.15		8	1:07:50.8	17.2	3	1:08:49.8		8	1:37:36.5	9:17	1:37:36.5
7	104	Arthur Blum	13	57	7	25:39.70	8:16	6	27:28.95		9	1:11:10.7	17.0	5	1:12:22.7		4	1:39:05.1	8:37	1:39:05.1
8	122	Steve Henderson	65	56	8	28:26.95	9:10	4	29:56.85		7	1:12:10.0	17.6	4	1:13:19.8		7	1:41:40.5	9:08	1:41:40.5
9	155	Charles Crawford	32	59	10	34:16.40	11:03	7	36:08.05		6	1:18:11.7	17.7	10	1:20:58.1		9	1:53:52.8	10:37	1:53:52.8
10	170	Paul Weiser	151	58	9	33:34.90	10:50	10	36:40.15		10	1:24:32.6	15.5	8	1:26:43.2		10	2:02:53.8	11:40	2:02:53.8

Age Group Results

Open

Female 60 and over

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1*	146	Trill Dreistadt	45	63	1	29:02.05	9:22	1	30:59.25		1	1:16:09.6	16.5	1	1:17:33.1		1	1:48:22.5	9:56	1:48:22.5

Men 60 and over

Place		----- 5k Run -----			----- T1 -----			----- Bike -----			----- T2 -----			----- 5k Run -----			Total			
<u>Place</u>	<u>Overall</u>	<u>Name</u>	<u>Bib</u>	<u>Age</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Rate</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Rnk</u>	<u>Time</u>	<u>Pace</u>	<u>Time</u>
1*	64	Ronald Rawls	121	63	1	24:28.70	7:54	3	26:19.30		1	1:03:09.7	20.2	4	1:04:59.2		1	1:32:23.3	8:50	1:32:23.3
2*	133	Robert Kiel	83	66	3	28:12.35	9:06	4	30:10.80		3	1:14:19.0	16.9	5	1:16:36.9		2	1:44:02.4	8:51	1:44:02.4
3*	135	Patrick Rafferty	118	60	2	26:59.75	8:42	1	28:19.30		5	1:15:08.0	15.9	1	1:16:18.3		3	1:44:53.4	9:13	1:44:53.4
4	140	Dick Nichols	111	69	4	28:43.10	9:16	2	30:04.20		4	1:14:29.6	16.8	2	1:16:03.7		4	1:47:32.0	10:09	1:47:32.0
5	148	Jim Jackman	76	66	5	32:18.70	10:25	5	34:19.65		2	1:16:27.7	17.7	3	1:18:07.3		5	1:50:36.8	10:29	1:50:36.8